

Managing Obesity

REMEMBER: Recommended preventive health services are covered at no cost to you on all Marketplace plans.

What is obesity?

Nearly two-thirds of adults in the United States are either overweight or obese, putting them at risk for many health problems. For adults, overweight and obesity ranges are measured by using weight and height to compute a person's [body mass index](#) (BMI), which correlates with the amount of body fat. For individuals 20 years and older, a BMI of 30 or more is considered obese.

Below is a list of potential health problems associated with obesity:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Stroke
- Nonalcoholic fatty liver disease
- Osteoarthritis (a health problem causing pain, swelling, and stiffness in one or more joints)
- Some types of cancer: breast, colon, endometrial (related to the uterine lining) and kidney

What leads to obesity?

Many factors can lead to obesity:

- Family genetics
- Age
- Eating and drinking habits
- Smoking
- How and where people live
- Attitudes and emotions
- Lack of exercise
- Income

How can I treat obesity?

Maintaining a healthy weight is an important part of living a healthy lifestyle. But, it isn't always easy to prevent and treat obesity. People who are concerned about their weight or BMI should discuss strategies for reaching and maintaining a healthy weight with their doctor.

Treatment for obesity depends on the level of obesity and overall health of the patient. In some cases, a health care provider may recommend maintaining a healthy, proportional diet and incorporating exercise into your weekly routine. In some more extreme cases, weight-loss drugs or surgery may be an option.